

SNAP-Ed Newsletter

Fall Newsletter Highlights

September

- Hispanic Latinx Heritage Month
- National Family Meals Month
- National Food Safety Month
- National Childhood Obesity Awareness Month
- Labor Day

October

- Health Literacy Month
- Breast Cancer Awareness Month
- National School Lunch Week- 11-15
- World Mental Health Day- 10th
- Halloween

November

- American Diabetes Month
- National Hunger & Homeless Awareness Week- 11-18
- Thanksgiving
- Veterans Day



Senator Martinez, Italia Granshaw, Liz Gutierrez, Vanessa Lockel, ED

CORNELL COOPERATIVE EXTENSION - SUFFOLK COUNTY COMMUNITY NUTRITION

Events



FRUIT AND VEGETABLE RX

We provide Diabetes Nutrition Education workshops and give \$20 vouchers for fruits and vegetables.

For more information, contact Chris Nadolne at RegistrationCCES@cornell.edu

For qualifying Sun River Health Patients



Try this delicious and comforting Turkey Chili. It costs less than \$10 to make, and it has lots of protein and fiber. You can make a big batch and freeze portions for future meals in a pinch!

Turkey Chili with Vegetables

Makes: 10 servings

Ingredients

- 1 medium onion, diced
- 2 medium carrots, diced
- 3 cloves garlic, minced
- 1 large green bell pepper, diced
- 1 (15½-ounce) can red or white kidney beans, no salt added
- 1 Tablespoon canola oil
- 1-pound ground turkey
- 2 (14½-ounce) cans diced tomatoes, no salt added
- 1 cup water
- 3 Tablespoons chili powder
- 1 Tablespoon ground cumin
- 1/4 teaspoon salt
- 1 medium lime, cut into wedges (optional)
- ¾ cup low-fat plain yogurt (optional)

Directions

1. In a colander, drain and rinse beans.
2. In a large pot over medium-high heat, heat oil. Add turkey and brown.
3. Add onion, carrots, bell pepper, and garlic to pot. Cook until onions are soft and carrots are tender.
4. Add beans, tomatoes, water, chili powder, and cumin to pot. Season with salt.
5. Lower heat to medium. Cook until all flavors have blended, about 15 minutes.
6. If using lime and yogurt, squeeze juice from lime wedges on top of chili or serve on the side. Top each serving with 1 Tablespoon yogurt.

Recipe Cost: \$9.76

Serving Cost: \$1.60 8.2022

Nutrition Facts

10 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 210mg	9%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	17%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.2mg	10%
Potassium 260mg	6%
* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Visit our website for more information & free programs. www.snapedny.org.



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www.ccesuffolk.org/community-education